

FLIGHT IS POSSIBLE

Possibility of Over-Sea Voyage Pointed Out.

Dr. Bell in Communication to National Geographic Society Says Trip in Heavier-than-Air Machine in 13 Hours is Feasible.

Washington.—The possibility of a trans-Atlantic ocean flight in a heavier-than-air machine in 13 hours is pointed out in a communication to the National Geographic society at Washington from Dr. Alexander Graham Bell, inventor of the telephone and former president of the society.

"The distance from Newfoundland to Ireland is less than two thousand miles," says Doctor Bell. "This means that if you go at 100 miles an hour you will cross the Atlantic in 20 hours—less than a day. We have flying machines that go at a greater speed than that. We already have machines that could cross the ocean if their engines can keep going for 20 hours. Of course, these are exceptional machines, but even the ordinary machines of today make 50 miles an hour with ease.

"Now, a flying machine flies faster as you go higher up, because the rarer air offers less resistance to the motion, while the propeller gives the same push with the same power, whatever the elevation. As you get into the rarer air the propeller spins around faster. A 50-mile-an-hour machine flying two miles high in the air—and we have machines that have gone twice as high as that—will fly much faster than 50 miles an hour. Then at an elevation of two miles high in the air there is a constant wind blowing in the general direction of Europe having a velocity anywhere from twenty-five to fifty miles an hour.

"As a net result of all these things, there can be little doubt that any ordinary machine that is able to support itself in the air at an elevation



Dr. Alexander Graham Bell.

of two miles high will attain a speed of at least one hundred miles an hour in the direction of Europe, and that means going from America to Europe in a single day. Calculation shows that, taking all these circumstances into consideration, our best machines should be able to cross the Atlantic in 13 hours. I hardly dare say it should be published. It is not only possible, but probable, that the passage may be made in a single day. But if, as I imagine, it can be done in 13 hours, you may take an early breakfast in Newfoundland and a late dinner in Ireland the same night."

PLEDGES IN PARIS PAWNSHOP

Municipal Uncle Seized by False Teeth, Dog Collar and Official Scarf.

Paris.—The Mont de Piete, or pawnbroker's shop, is in France an official institution, instead of being operated for private gain. Every month the Paris municipal council publishes a detailed report dealing with the workings of the establishments under its control, and as these documents are compiled with much exactness, they often make amusing reading.

The latest report indicates the extraordinary variety of articles pledged with the municipal "uncle." During the month three people deposited complete sets of false teeth, and nine perked temporarily with what are officially registered as "partial dentures." The Mont de Piete received twenty-seven Jesuites, from which it must not be imagined that ecclesiastics can be left in pawn, since the term is slang for a dog's collar. Strikingly the mark, which figures on the official list, was not a husband, but a tool used by engravers.

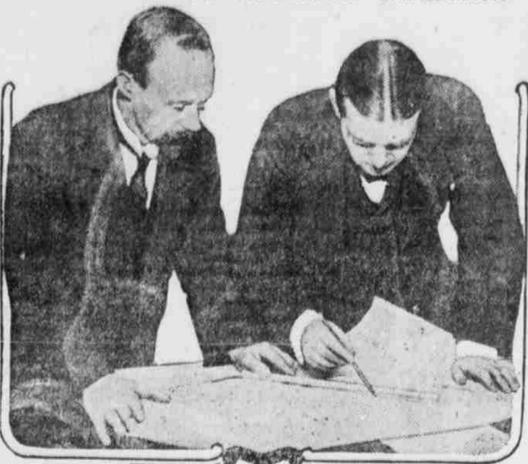
Another article pledged was the official scarf worn by a deputy. But the most extraordinary item is undoubtedly "two operating tables." It would be of some interest to know the reasons for their presence.

AN AMBASSADOR'S SON FARMS

Henry Morgenthau Buys a 1,600 Acre Tract in New York—Will Raise Cattle.

New York.—Believing that scientific farming and the raising of cattle will be one of the most important steps toward lowering the cost of living, Henry Morgenthau, son of the United States ambassador to Turkey, is conducting experiments on a 1,600 acre tract near Fishkill village, says a New

PLANNING NEW ANTARCTIC EXPEDITION



Sir Ernest Shackleton has appointed Frank Wild as second in command of the new Imperial transantarctic expedition which starts from Buenos Aires early in October. The photograph shows Sir Ernest (right), with Mr. Wild, busy on some plans at the office of the expedition.

SEEK HUNTER'S AID

U. S. Forest Service's Unique Plan Against Forest Fires.

Takes Up With Manufacturers of Firearms and Ammunition Scheme by Which Purchasers Will Be Reminded of Fire Danger.

(From the Forest Service, U. S. Department of Agriculture.)

Washington.—Because of the fact that many forest fires are set through the carelessness of hunters, campers and others who go into the woods for recreation, the forest service has taken up with manufacturers of firearms and ammunition the question of a co-operative arrangement through which purchasers and users of guns and cartridges shall be reminded of the fire danger.

It has been pointed out that in the lumber regions of the Northwest, for example, manufacturers and other business men have been having printed or stamped on their stationery and pay checks various crisp, catchy statements about the loss which the public suffers through the decreased demand for labor and decreased money in circulation if timber, which is the source of many of the Northwest's industries, is burned up.

It has also been pointed out that in the East particularly many forest fires are started by the carelessness of hunters, who drop burning matches, cigar or cigarette stumps, or pipe coals in the woods, or perhaps build a fire which is left burning when the hunter goes on. Forest fires of course greatly injure the interests of sportsmen by robbing the birds of their proper cover. They also impair the food supply of both birds and big game, through the destruction of the undergrowth which furnishes browse, berries and other food.

The eastern woods are exposed to the danger from fires principally in the spring and fall, when most of the trees are bare and the leaves on the ground are dry. The spring fires, many of which are due to trout fishermen, may destroy the eggs of game birds and even the young birds themselves. Since trout fishermen are likely to hunt in the fall, the same individuals, if careless, may be a source of danger at both seasons.

It is suggested that the manufacturers of arms and ammunition ought to be sufficiently interested in the matter of perpetuation of game to be willing to help in the campaign against forest fires. This help may come through the printing of some brief fire warning on cartridge boxes or some slip to go with any hunting or camping supplies which are furnished. Several manufacturers have already expressed their interest in the matter and their willingness to help.

VACATION FOR HIS HORSE

Kansas City Real Estate Man Works His Steed Only Eight Months a Year.

Kansas City.—Four months out of every year are play months for Gypsy, a twenty-year-old mare owned by Frank D. Parsons, a Kansas City real estate dealer, according to the Kansas City Star. Mr. Parsons has owned Gypsy fifteen years and he says her faithfulness merits the best treatment he can give her.

Gypsy stands without hitching. She never complains, and is always ready for work, and, despite her twenty years, is in rugged health. December 1 every year Mr. Parsons has Gypsy's shoes removed, and she is allowed to rest four months. She has a diet of rolled oats and alfalfa. A box stall is her sleeping place and she has a big lot to romp in if she is so disposed.

"I am often asked how I keep her looking so well when she is so old," Mr. Parsons said the other day. "It's because of the humane treatment she receives. Gypsy has pulled my buggy many years and she earns a yearly vacation. She rests all winter, and in the hot summer days she has leisure hours. If the day is hot I'd rather

and personally picked out the cattle. These steers, which have gained in weight considerably, will be marketed in July.

Mr. Morgenthau also has gone into the breeding of horses. He is specializing in draught horses. He has become a member of Wicopee Grange so as to become more closely affiliated with the farmers of Dutchess county.

His farm is on the west side of the upper end of the Fishkill mountains at the entrance of that section known as the Highlands.

take a street car than hitch her up. Last week I had her in harness only one day and she loafed in the shade the rest of the time.

"The flies never bother Gypsy in the summer because I spray her twice a day with a preparation that keeps off the pests and she will stand all day without tossing her head or stamping. The hard pavement never hurts her feet, either, because she has a piece of sole leather next to her hoofs and the shoes are nailed on the leather. She hasn't had a sick day in years and she never falls me.

"Some day she is going to be too old to pull me around and then she is not going to get a bullet or be sent to the dinky market. I am going to give her freedom some day and let her close her days in some pleasant pasture. A horse will work without food until it drops. It never complains and it puts all its trust in its master. A man who wouldn't treat his horse right wouldn't treat his family right."

FRESH BEEF KEPT 18 YEARS

Oldest Joint of Meat in World on View at a Leadenhall Market in London.

London.—In Leadenhall Market the oldest joint of meat in the world was on view recently. It is eighteen years since it ceased to be bullock and became beef, and its preservation is regarded by experts as a record in cold storage.

A hindquarter of frozen beef was shipped from Brisbane in February, 1896, and sold to Willis & Co., Ltd., military contractors, of Malta. The latter, as an experiment, kept it in cold storage till a few months ago, when it was brought to London. For eighteen years it has been in a temperature of 10 or 15 degrees Fahrenheit.

Before the joint left Malta a portion was cooked and eaten—without disastrous effects. Now, as a French scientist has declared that meat more than a year old is full of poison, it is to be carefully analyzed.

The average age of frozen meat sold in London is two or three months, and the oldest frozen meat hitherto known to the trade is said to be two years. It was suggested in the trade that if meat can be kept eighteen years or longer it might be possible to keep huge stores in this country as a food supply in time of war.

But the idea seems to have wider and yet more interesting possibilities. If meat can be stored indefinitely, it may be possible to preserve the products of exceptionally good years for the use of connoisseurs. "Vintage years" will have their meaning in the meat trade as they have in the wine trade. You will call for meat of a particular year, as the wine lover now calls for his 1904 champagne, and the wealthy man, desiring to give his friends a treat, will beg them to try "this priceless old beef."

DIES AS SHE INHALES SMOKE

Colored Woman of Wilmington, Del., Pitches Forward in Chair, Strangled by Cigarette.

Wilmington, Del.—Sitting in her home at 24 Kund street, smoking a cigarette and talking to Special Officers Green and Harris, who had stopped to get some evidence in a case from her, Della Rich, colored, aged 33, took a long puff, and, by inhaling the smoke, strangled in trying to exhale it.

Adjourn Court to Laugh.

Chicago.—J. D. Kaiser, a witness, told such a droll story regarding a new business trick in Judge Landis' court that the judge was compelled to adjourn for several minutes to let the bench, bar, jurors and spectators have their laugh out.

Didn't Think Much of Envoy.

Champaign, Ill.—"Who's Bernstorff?" asked Michael Murphy, the merchant policeman, who shot at an automobile occupied by Count von Bernstorff, German ambassador, when called by former Mayor Dobbins to explain his act

and personally picked out the cattle. These steers, which have gained in weight considerably, will be marketed in July.

Mr. Morgenthau also has gone into the breeding of horses. He is specializing in draught horses. He has become a member of Wicopee Grange so as to become more closely affiliated with the farmers of Dutchess county.

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Fundamental Principles of Health

By ALBERT S. GRAY, M. D.

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THE CORSET.

The corset has held sway, so it is claimed, since about A. D. 910, and nothing but the French Revolution has ever for an instant broken its hold on the female sex. For about two years during the height of that social orgy the garment was abandoned; then France relapsed once more into civilization and the corset. The pulpit, the medical profession, reformers of all sorts and descriptions, have stormed and threatened, argued and pleaded for the abandonment of the corset, but woman for some reason or other is not what we term "instinctive"; she is tenaciously clinging to the device which, until very recent years, with the invention of the front lace, low bust corset, has been a most injurious appliance and one undoubtedly productive of vast harm to the human race.

There is a reason for everything and we do not have to delve into the mysteries of psychology or of any other "ologies" to locate the source of woman's fondness for the corset. It is a matter of good sense, of mechanics, of gravity and balance. What we term "instinct" is usually the mechanical following of the line of least resistance, the line of ease and comfort. Woman is more comfortable in the corset, therefore she will wear it. And it is good for her to do so, too—provided it follows natural lines and is as adjusted that it will not displace the normal center of gravity.

There is something intensely absurd and incongruous in the fact that our women go to art galleries and erect admirer the perfect form. They buy beautiful bronze and marble figures to adorn the home, and invariably the finest examples of art and of beauty unadorned will be found to have a waist 46.7 per cent of the height. But she herself will crowd her own 40-inch bust and 50-inch hips into a 26-inch corset, not understanding that the effect is not only grotesque but that harmony is the good and the beautiful and should be lived personally, continuously every day; it is not to be bought in small doses and admired from a distance. That is the message the artist is striving to convey to us, and this not for art's sake but for posterity, for in these contradictions lie the root of ill health and decay.

The uncivilized individual may rest when weary but the civilized may not and hold his job. The very rapid change in industrial conditions makes for an almost universal need for keeping the trunk of the body constantly erect, either standing or sitting in a chair, for about 16 out of the 24 hours. These long erect hours, coupled with confinement in poorly ventilated buildings, insufficient nutrition, worry and other depressing causes incident to modern commercialism all too numerous to mention, result in an enervated muscular system. The abdominal muscles relax, permitting the abdominal contents to sag, resulting in a condition known as enteroptosis, or Glénard's disease. This means that the stomach and intestines, the kidneys, liver and spleen, one or all sag down.

Constipation, melancholia, backache, debility, biliousness, appendicitis, headache, early loss of complexion and a long list of ailments common to the majority of women and to many men of all civilized countries are a few of the results of this lack of muscular tone against which woman strives to defend herself with the corset. But like all good things it is abused through ignorance of the entire field that must be considered. The first step to secure a correct fit of the corset is to have the body in natural balance, and this means a correct shoe as a foundation. The shoe and the corset acting together are undoubtedly responsible for at least 90 per cent of the ailments supposed to be the particular heritage of woman. The average woman needs the services of a skilled mechanical engineer more than she does the services of the gynecologist. Her troubles are fundamentally mechanical and mental rather than physical, and that is why her case is always "chronic" and why she will remain "chronic" until the cause of the trouble is corrected. Her backaches, headaches, rheumatisms, "nervousness" and the entire train of symptoms are due more to muscular strains and exhaustion than to anything else.

SENTENCED TO READ BIBLE

Baltimore Justice Thinks He Has Found a Way to Reclaim the Moral Wanderer.

Justice Henry Ulrich of Baltimore has taken to sentencing habitual violators of the law to read the Bible. The first of such sentences was imposed on a young woman of respectable parentage who had been arrested more than 100 times.

A few days ago the young woman lolled against the brass railing that rims his desk and pleaded "Guilty and proud of it. Do you get that?" to the charge of being drunk and disorderly on the street.

After a lecture Justice Ulrich said: "Now, Victoria, I'm going to give you another chance to make good. Can you read?"

She answered, "Yes, sir."

"Then I sentence you to come to this station house every Sunday morning and spend an hour with the moral reading the Bible. Either that or the cut."

If the trouble would cease with the individual foolish enough to submit to torture in the worship of tradition we might endure it, but unfortunately it does not and can not.

WATER.

Water is such a common, every-day thing that few of us give it any thought whatever, and just because it is free a very large number of persons do not drink it in sufficient quantities to maintain a good degree of physical health. No other article of diet enters so completely into the construction and support of all living things both animal and vegetable as water, and it is this very omnipresence of water acting on that peculiar twist of the human mind that leads us to treat familiar things with reckless contempt that results in our criminal indifference to water supplies.

As a matter of fact, water is an element of vast significance in the maintenance of human life and efficiency, and to secure and maintain health the individual citizen must know the truth concerning this most important part of our diet.

The body cells on the surface of our skin, our hair and the tips of our nails are the only parts of our bodies that can live in air.

Under favorable conditions we can live for 30 days or more without food, but not more than a few minutes without air and only about three days without water. Were we to spend a material part of the money we squander on food for good air and good water no doubt we should be vastly more efficient, certainly we would be happier, for there can be no real happiness without good health.

Deprived of water for three days we become delirious and die from poisoning by our own waste products. A steady stream of water flowing through our bodies is necessary to wash out and carry away the toxins resulting from cell activity or we must inevitably succumb to disease; and to keep this cleansing stream flowing in sufficient volume we should drink about two quarts of fluid daily.

Absolutely pure water is not found on earth. Even freshly fallen rain water contains some foreign matter, the amount and character of which depends on the degree of contamination of the air through which it falls. From the moment the vapor is condensed into water in the clouds every drop that falls begins to soak up something out of everything it touches on its journey to the sea, so that when we use any of it from any source in our diet we are really drinking the waste water from nature's laundry after she has washed all out outdoors with it.

According to average local standards, water is "pure" and fit to drink if it is more or less clear, does not smell bad and does not quickly originate some clearly defined disease in the body of the drinker. That it contains pathogenic organisms or protozoans from the action of bacteria upon decaying organic matter is demonstrated only by some unusually severe outbreak of disease in a community, and generally not until then is it even suspected that the water may be "impure." If you are in ill health have your drinking water analyzed and the source of supply investigated.

Taking typhoid fever as a gauge, let us compare conditions in several parts of the world. Germany, with a population density of 310.9 per square mile (more than ten times greater density than our own), had in the same period of time a typhoid death rate of 4.7, compared with our 23.5 per 100,000 inhabitants; the Netherlands, with 458.8 density, a death rate of 5.4; Switzerland, with a density of 242.7, a mortality of 3.8, and England and Wales, with a density of 372.6, a death rate of only six per 100,000 inhabitants, compared with the United States with a density of only 39.3 and a mortality of 23.5.

The city of Chicago in 1891 had a typhoid rate of 173.8 per 100,000 inhabitants. An investment of \$62,000 (approximately \$27 per capita for the population of the year 1912) in a drainage canal and the adoption of other reasonable sanitary precautions in 1912 to only 7.5 per 100,000 inhabitants, probably a low rate, was recorded for an American city of more than 500,000 inhabitants. Had the 1891 typhoid rate prevailed in Chicago in 1912 there would have been approximately 40,000 cases of typhoid fever, with approximately 3,878 deaths; but there were only 173 deaths from typhoid fever in Chicago in 1912, hence a probable saving of 3,705 lives for the city in that year.

Obviously this demonstrates what may be done in the prevention of disease. If we are as intelligent as we assume ourselves to be, and there is not something fundamentally and radically wrong with our entire system of doing things, why this difference in the same period between Europe, or even the city of Chicago, and the total vital statistics registration area of the United States? And what about the non-registration area? Good health and long life can be purchased; why do we not buy it?

Victoria chose the Bible. When she appeared the next Sunday morning she had evidently made a brave effort to appear respectable. She has been going to the station house every Sunday for weeks now, and she thinks she will never fall by the wayside again.

That was the first case. Justice Ulrich was led to apply it again and it is working well. He is positive that he has found a plan that works—Christian Herald.

Her Birthday Present. An attractive little girl at a party was being questioned about a doll she had just received for her birthday. The mother was beaming with delight at the attention her daughter was receiving, when the little girl said: "Why, do you know, the hair on my doll's head comes off just like mamma's."

What Noah Overlooked. If Noah had swatted those two flies as they started up the ark's gangplank he would have saved a heap of trouble.

Everybody Drinks Coca-Cola

—It answers every beverage requirement—vim, vigor, refreshment, wholesomeness.

It will satisfy you.

THE COCA-COLA CO., ATLANTA, GA.

FATHER'S TURN TO THINK

Daughter's Somewhat Pert Observation Must Have Given Him Something of a Jolt.

"We oldsters set for the youngsters a higher standard than we set for ourselves. Forgetting that you can't make a silk purse out of a sow's ear, the stupidest and ugliest failures of parents expect their sons and daughters to grow up miracles of beauty, intelligence and success."

The speaker was Wilton Lackaye, the occasion the Lamb's Gambol in New York. He continued: "Sometimes, though, such parents are called sharply to themselves. The jolt is unpleasant."

"A father said to his pretty daughter one evening with a scornful, angry laugh: "That young Janson has the face to want to marry you! A mere book-keeper!"

"But, father," said the girl, "I love Mr. Janson. What is your objection to our marriage?"

"Why," roared the old man, "why, he couldn't support you decently."

"But, father," said the girl, "neither can you."

ECZEMA ON HANDS AND ARMS

1321 Douglas St., Omaha, Neb.—"My trouble began from a bad form of eczema all over my hands, neck and arms. I could get no sleep for the itching and burning. The small pimples looked red and watery and my skin and scalp became dry and itching. The pimples irritated me so that I would scratch until they bled. I could not put my hands in water and if I once tried it they burned so that I could not stand it. I had to have my hands tied up and gloves on all the time for nearly two months. Sometimes I would scratch the skin off it irritated so and I could do no work at all."

"I tried all kinds of remedies but nothing did any good. Then I saw in the newspaper about Cuticura Soap and Ointment and got some. I was completely healed in five or six weeks. They have not troubled me since." (Signed) Joe Uhl, Jan. 31, '14. Cuticura Soap and Ointment sold throughout the world. Sample of each free, with 22-p. Skin Book. Address postcard "Cuticura, Dept. L, Boston."—Adv.

Probably two-thirds of a woman's troubles come because she reasons with her heart instead of her head.

YOUR OWN DRUGGIST WILL TELL YOU by MRS. E. B. REMEDY for Red, Swaky, Itchy and Cracked, Bruised, No Sleep, No Rest, No Comfort. Write for Book of the How to Sell Free. MRS. E. B. REMEDY CO., CHICAGO.

Matching the Fars.

"What shall we have for lunch? This is a fast day."

"Then why not a hasty pudding?"

LADIES CAN WEAR SHOES One size smaller after using ALBANY Foot-Shoe, the Antiseptic powder to be shaken into the shoe. It makes tight or new shoes feel easy. Just the thing for dancing. Retail everywhere. For FINE trial package, address Allen S. Olmsted, Lakely, N. Y.

As Is Made.

Grimsby—I see those ladies' gowns in the show window are marked "one-third off."

Quimsby—Yes, and when they are worn they'll be one-half off.

Well Mated.

"I heard of an appropriate wedding the other day."

"Tell me the particulars."

"A 'Diving Venus' married a human tank."

A Remedy.

"My neighbor's dog is a great annoyance with his noise, and I don't see what I can do about it."

"Why, isn't there a law for the suppression of barkers?"

Quite a Contrast.

"Are Tompkins and his wife happy together?"

"Oh, yes. They are as happy as anybody could expect them to be, considering the fact that she was a Fenfield of Fenfield Manor, and he was just Tompkins of nowhere in particular."

What is a Patriot?

W. Bourke Cockran was talking jubilantly of the passage of the home rule bill.

"Many a poor Irish rebel, had he but lived, would be rehabilitated now," he said.

"Patriot! What is a patriot, after all? Isn't a patriot just a man who'd have been hanged for a rebel if he hadn't succeeded?"

Improvement Over Netting.

Miss Audrey has come to spend the week-end with friends in a little New Jersey town and exhibited a keen interest in the much talked of "Jersey skeeter."

When the greetings were over and the party settled down the guest remarked to her host, after a careful survey of the porch:

"I don't see any mosquito netting around, William."

"No," answered he, "we're using mosquito traps."—Everybody's Magazine.

Food in Scotland.

Now that the Scottish holiday season is just about to begin there is a controversy in the north as to the food provided by the boarding house keepers and landlords of Scotland for their patrons from England. It seems that the Scots do not alter their menus to suit the southerners and that some of the southerners resent this. They want more vegetables, for instance, and a greater variety of them. They demand turnip tops (a luxury rarely consumed north of the Tweed, save by sheep), and ask, "Why no splanach?" Also they want a heavy supper, likewise beer.

The complaining controversialists say it is a case of ham and eggs for breakfast, a midday dinner and a high tea to conclude the meals of the day. As for beer, they report that Scottish landlords at the coast resorts look askance at people who wish beer sent in. So far the only reply of Scotland to the fault-finders is that when they are in Scotland they should eat what the Scots eat and get their beer outside.—London Chronicle.

Woman of Mystery Dead.

The famous "white lady" who never missed a day of the Dreyfus trials, has just died at Hyeres, France, aged sixty. About a month ago she arrived at Bormes and complained to the mayor that people were endeavoring to abduct her with the view of ultimately securing her property. As there was no evidence of any such plot the mayor merely advised her to make a will, and sent a notary to her lodging, but when he reached it he found that the lady had departed with Doctor Pettit for Hyeres. She took the Villa Mathilde, where she has just died. Her real name was Mme. Jouffroy d'Abbans. The procurator of Toulon immediately had seals affixed, and ordered a careful inventory of the objects in her traveling bag, which she always carried and which is supposed to contain about \$50,000 in money and at least \$150,000 in jewels. This, however, remains to be proved.

A Stayer.

"It isn't steadiness and humdrum regularity that win a man success in New York today. No, indeed. It is brilliance. It is audacity."

The speaker was Johnson Bowen, the successful Chicago promoter; the scene a banquet of advertising men in New York. He went on:

"Two millionaire business men were lunching in Fifth avenue when an old graybeard stumped by.

"That's Brown. He works for me," said the first business man.

"He's an honest looking chap. Has he got staying powers?" asked the second business man.

"He has that," said the first. "He began in '76, at the bottom of the ladder in '76, and he's stayed there ever since."

Adequate Provocation.

"Why did you beat Dobson so terribly?" said the judge, indicating the bandaged figure of the plaintiff.

"I asked him why a horse had run away, your honor," explained the prisoner, "and he told me that it was because the animal had lost its equine-ity."

"Hm," said the judge. "Discharged."—Lippincott's Magazine.

The old tutor doesn't mind being treated for the liquor habit by men who say: "Have one with me."

Keep Cool and Comfortable

Don't spend so much of your time cooking during hot weather; and your family will be healthier without the heavy cooked foods.

Give them

Post Toasties

They're light and easily digested and yet nourishing and satisfying. No bother in preparation—just pour from the package and add cream and sugar—or they're mighty good with fresh berries or fruit.

"The Memory Lingers"